

The Arizona BEEHIVE

March – April 2020 • Vol 46 • No 2 • Est 1975

Serving Arizona Members of
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A Perfect Brightness of HOPE

Photo courtesy of US Embassy from New Zealand

Brigham Young University's *Living Legends* perform *Seasons*.

There is No End to the Progress of Knowledge — Brigham Young

Church Education System Schools
Offer Spiritual and Scholastic Growth

By Merry Gordon

Summer is around the corner... and for many students, so are decision about college. “For members of the Church, education is not merely a good idea—it’s a commandment,” said President Dieter F. Uchtdorf. The Church takes that commitment to higher education seriously.

While other institutions uphold Latter-day Saint values, only four are considered part of the Church Education System (CES) network: the three campuses of Brigham Young Uni-

versity (Provo, Idaho and Hawaii) and LDS Business College.

The schools have many things in common, including certain admission policies: all member applicants to CES schools are reviewed based on church endorsements, academic achievement and seminary attendance and graduation. Upon acceptance, students must adhere to an honor code in keeping with Church standards that includes moral uprightness, dress and groom-

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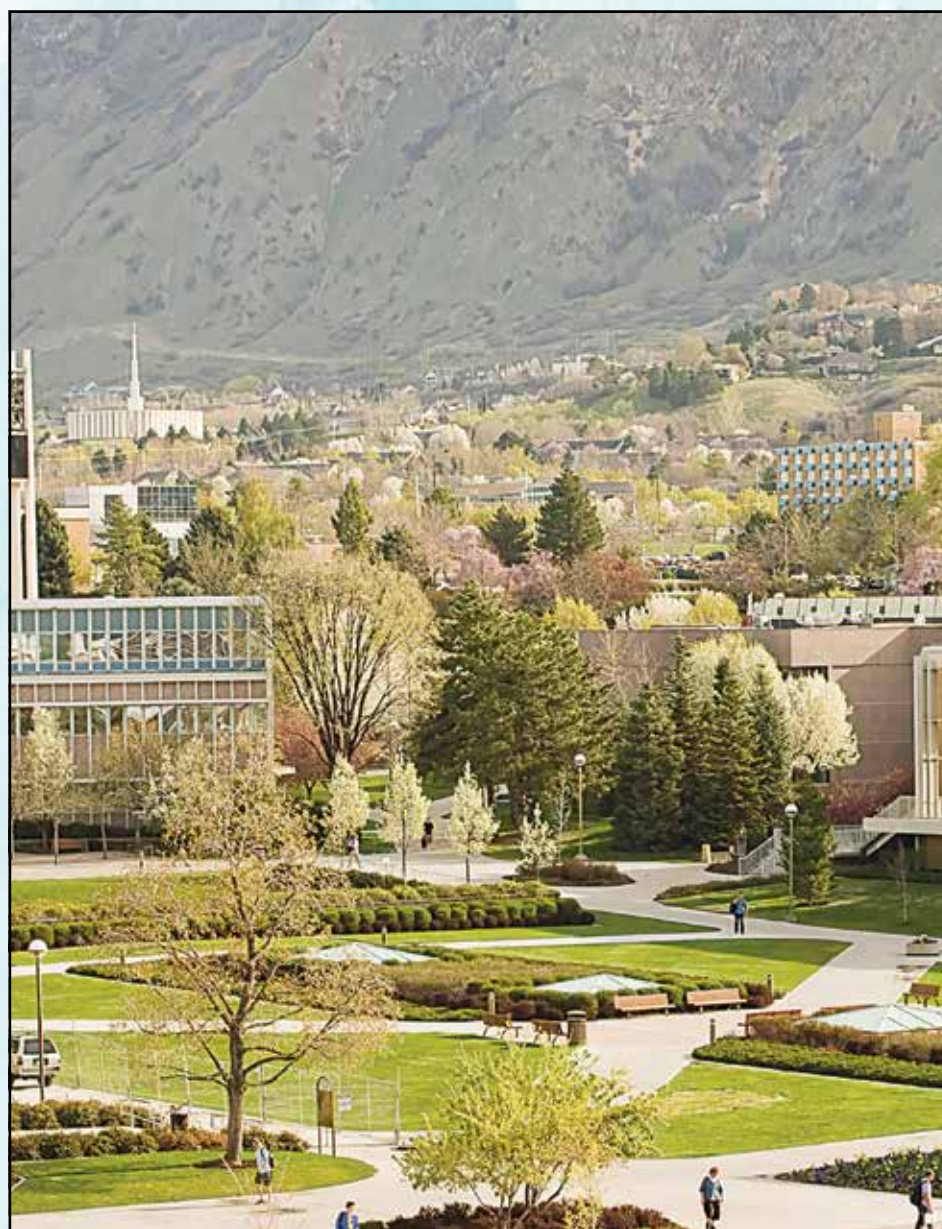


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BYU's Provo campus offers mountain views and nearby temples.



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Church Education System Schools
Continued from pg. 1

ing standards, meeting attendance and abstinence from substances prohibited against by the Word of Wisdom, among other things. Unsurprisingly, the *Princeton Review* places BYU #1 on their list of “Stone-Cold Sober Schools”—but for students looking for a spiritual

learning environment instead of a party school, CES schools are hard to beat.

Brigham Young University

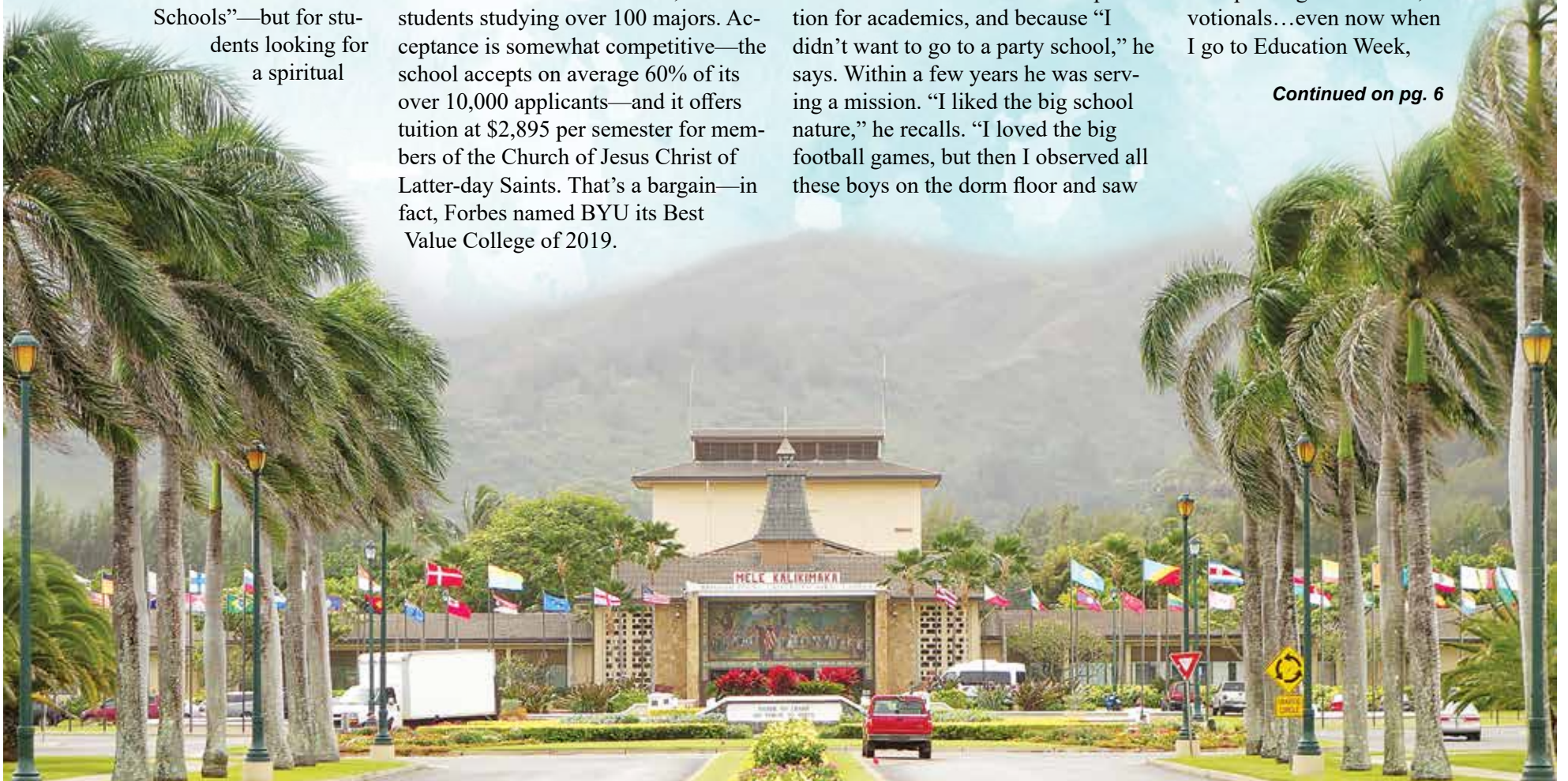
For students seeking a full CES experience, Brigham Young University in Provo, Utah, is an obvious choice. It is the oldest of the Church-sponsored schools and the only NCAA school, with an enrollment of over 30,000 students studying over 100 majors. Acceptance is somewhat competitive—the school accepts on average 60% of its over 10,000 applicants—and it offers tuition at \$2,895 per semester for members of the Church of Jesus Christ of Latter-day Saints. That’s a bargain—in fact, Forbes named BYU its Best Value College of 2019.

Attendance at BYU is often a family legacy, with generations bonding together over memories of time at the Y. Jim Hepfinger, current president of the BYU Alumni Association, Phoenix Chapter, has fond memories of his time at the Y in the late 1970s and early 1980s. Then a practicing Lutheran, he enrolled because of BYU’s reputation for academics, and because “I didn’t want to go to a party school,” he says. Within a few years he was serving a mission. “I liked the big school nature,” he recalls. “I loved the big football games, but then I observed all these boys on the dorm floor and saw

this amazing change happen in some of them. They were ready to go on missions.”

This spiritual center is what he thinks draws people to BYU. “[President] Dallin H. Oaks was the president of the school when I enrolled,” he says. “There were general authorities speaking all the time, devotionals...even now when I go to Education Week,

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BYU - Hawaii is an island paradise.

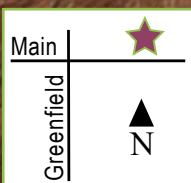
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WHAT'S THE BUZZ?

History, to me, was the most boring subject taught in school. I've since come to realize that history is only exciting when presented in an exciting manner, and now I love learning about history. The many books dedicated to this subject on my personal library shelves attest to such.

The Church has now launched the second of a planned four-book series on Church history titled *Saints 1846-1893: No Unhallowed Hand, Vol 2*. Rather than stating names and dates, the text is written in narrative form, telling the reader the story of Church history. Sales of *Saints 1815-1846 The Standard of Truth Vol 1* far exceeded expectations, and similar sales are anticipated for Vol 2. Which indicates that members of the Church are into history!

To amplify this spirit of history, I thought I'd share a little as it concerns *The Arizona Beehive*. I am often asked "What is the significance of the term 'beehive' used for the name of your magazine?" When looking closely about the Church, we see the beehive symbol here and there. On the doorknobs of the Salt Lake Temple you'll find the symbol of the beehive. The Conference Center podium, which was carved from a tree felled on President Gordon B. Hinckley's property, is ringed with beehive symbols. LDS Employment Resources uses the beehive symbol in its logo.

To Brigham Young, the beehive represented industry or diligence.

"The beehive was a symbol of harmony, cooperation, and work for the early pioneers of the Church. Brigham Young used the symbol to inspire early Church members to work together to transform the barren Salt Lake Valley into a beautiful and thriving community. The beehive symbol was imprinted on the doors of the Salt Lake Temple. And the Beehive House, Brigham Young's official residence, was adorned with—and eventually named after—a beehive sculpture atop the house." (Viewpoint: Lesson of the Bees, 10 August 2014)

It is with "industry and diligence," mixed in with a little fun and excitement, that *The Arizona Beehive* team creates each issue of our magazine. I have had suggestions made to transform *The Arizona Beehive* into a broader-audience family magazine, and move away from our Latter-day Saint focus. To which I say "Balderdash!" (I picture Brigham Young using this as his go-to exclamation of naught!) We are, and remain, dedicated to our Latter-day Saint readers. Thank you for reading ...



Michael O'Brien
Publisher



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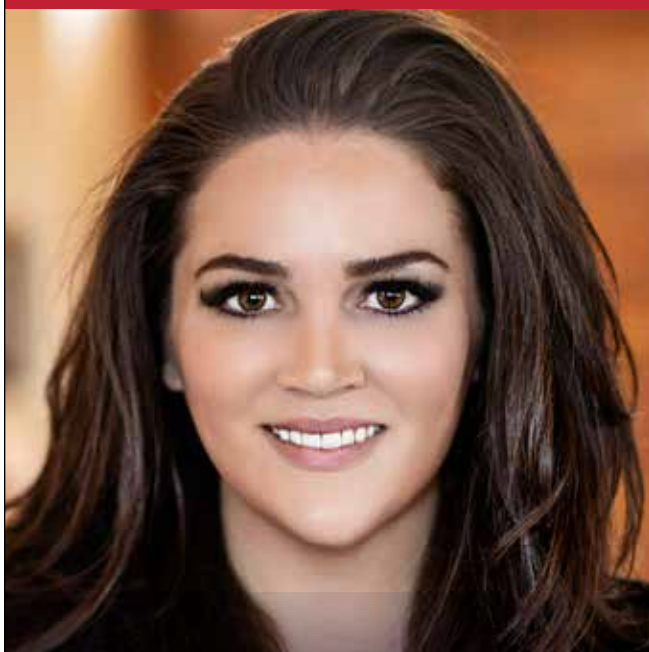
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About Jacqueline

Jacqueline Parker, Esq., is a born and raised Arizona native. She received her bachelor's degree in Classical Literature and Philosophy from Brigham Young University; her M.A. in Literature from Arizona State University; and her J.D. degree from University of San Francisco in California. Jacqueline served her 18-month mission for the Church of Jesus Christ of Latter-day Saints in South Houston, Texas and is fluent in Spanish. After joining the state bar of Arizona and spending several years in private legal practice, she is now a legal policy advisor at the Corporation Commission. Jacqueline has a vested interest in giving back to the state that she loves and using her education and training to ensure that Arizona remains the conservative, safe, and affordable stronghold that the citizens deserve. She is asking for your vote on August 4th in this winner-take-all primary election.



"Wow, was I impressed with Jacqueline Parker! She is a smart, principled, conservative who will be a powerful voice for life, personal liberty and limited government.

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"I am pleased to endorse Jacqueline Parker for the Arizona state legislature. Her vast policy experience has already brought common sense solutions to the state. Jacqueline's courage, work ethic, and education are what we need to defend our Constitution and strengthen Arizona for this coming decade."

—Cindy Whitlock Biggs,
Wife of Congressman
Andy Biggs



"I am pleased to endorse Jacqueline Parker. Having worked side by side with Jacqueline, I know she is the most principled conservative and will represent the voters with the highest standards of ethics and integrity. I hope you will join me in supporting Jacqueline Parker, so the Arizona legislature can benefit from her expertise and judgment in making the positive changes our state needs."

—Corporation Commissioner
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Former: AZ State Legislator



"We need an articulate and professional woman in the legislature who will protect our freedoms and values. Jacqueline Parker is an educated and experienced attorney who knows Arizona's needs and cares about its people. Clearly, she's the most qualified candidate on the ballot."

—Nanci Wudel,
Business Owner and
Recipient of the
"Presidential Excellence-in-
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"As a small business owner, I look for true conservatives who support the principles of lower taxes and smaller government. Jacqueline Parker is the most qualified candidate and understands what it takes to strengthen Arizona's economy. I also appreciate people like Jacqueline who will go fight the battles for us in this very difficult political environment and hope that you will do all you can to support her."

—Joe Farnsworth, President- CEO
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there’s just something about it.”
Hepfinger and his wife, also a BYU grad, have worked with the BYU Alumni Association in Virginia and Arizona to “spread the spirit of the Y,” as they put it.

BYU is particularly known for its cultural outreach programs, and the BYU Alumni Association has played host to Living Legends, Young Ambassadors, and the BYU International Folk Dance Ensemble, among others.

Brigham Young University-Idaho

Exciting things are happening in Idaho. BYU’s Idaho campus in the Snake River Valley, with over 34,000 students, is booming—but so is its online program, which has 15,000 people from all over the world. Offering 87 bachelor’s degrees on campus and 11 online bachelor’s degrees, BYU-I is a great fit for students who need flexibility. For even more flexibility, BYU-I operates on a track system with three semesters: fall, winter, and spring, all 14 weeks; students are admitted to a two-semester track upon acceptance with the option for “flex semesters” to keep them engaged. Tuition for members is \$2,104 a semester, making it one of the most affordable options around, and the acceptance rate is well above 90%.

For a big school, the former Ricks College is renowned for its small school appeal. “Forget the auditorium class,” the university’s website says, citing that on average BYU-I classes are roughly half the size of their counterparts at state schools.

Sarah Pugh, originally

from Arizona, is a recent graduate in the nursing program at BYU-I.
“I loved being able to develop personal relationships with my professors and having small class sizes,” she says. Pugh says that she felt like her professors were invested in her education and took the time to answer questions. Free tutoring sessions for all courses were a bonus: “That really got me through the nursing program!”

Brigham Young University-Hawaii

The appeal of BYU-Hawaii is obvious—who wouldn’t want to study on an island paradise with the Polynesian Cultural Center nearby? But the Laie campus school, which supports about 3,000 degree-seekers (46% of whom are international students), offers so much more than tropical scenery, like a low student-to-faculty ratio and majors in 25 fields. Founded in the 1950s, BYU-H prides itself on combining “solid moral roots with legacies of evolving academics and interwoven cultures.”

Of the Church-sponsored schools, BYU-H is the most selective, averaging about a 30 - 40% acceptance rate according to several college profiles, and full-time tuition for members ranges from \$1,907 to \$2,860 depending on the semester (fall and winter are 12+ credits, while spring semester is 8+).

Lindsey Bennett, a 2013 graduate who studied elementary education, had a great experience at



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The BYU marching band plays during a football game. School spirit at the Y is legendary.

BYU-H “mostly because it’s in Hawaii,” she jokes. Her time at BYU-H included a summer teaching internship in Thailand, and Bennett notes that “what I liked best about the school is the diversity they offer. The main goal of the school is to accept students from all

over the world . . . and for me it was such an eye-opening experience to get to learn about so many different cultures and people.”
Echoing that sentiment, “I see a university that is intended to be not only ‘a school in Zion’ but a Zion

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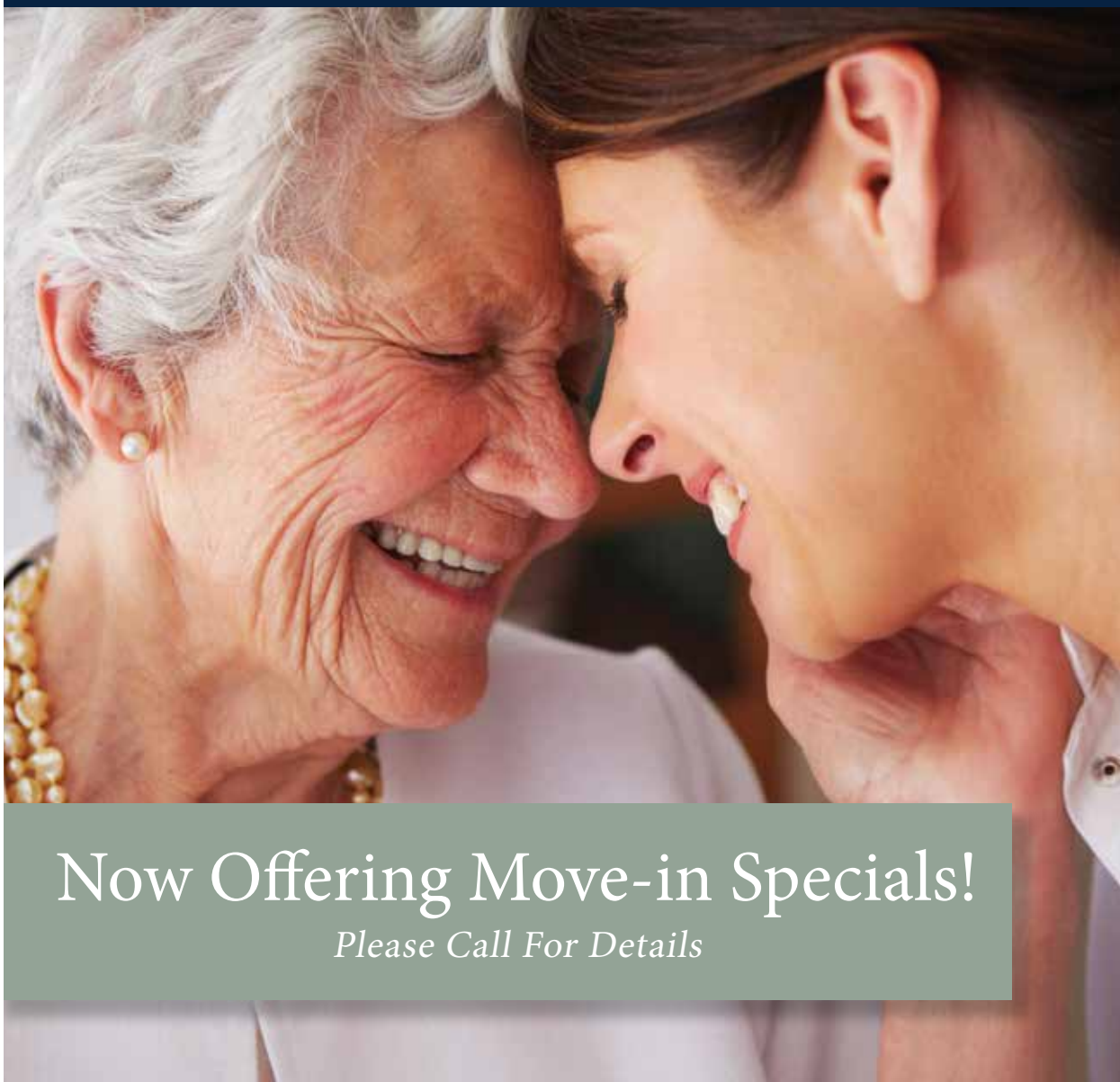
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SCHOOL'S OUT FOR GATHERINGS

OLD SUPERIOR HIGH SCHOOL CONFERENCE CENTER

By Allison Beckett

In the last few years the Church has placed a huge emphasis on youth activities, learning, and responsibility. Stake youth activities supporting Church direction require unique facilities to host many kids for long enough to make a conference worthwhile. One special venue for such events in Arizona is the Old High School in city of Superior.

Old Superior High School had its first graduating class in 1929, and its final class graduated in 2000. After the property changed to private hands in 2003, and the location was restored to a sound state with plumbing upgrades and repairs to the damage caused by time and the elements, a few blocks of classroom and office space were converted to living areas. The old office is now a living room, several bedroom suites are nestled among the halls of classrooms, and the home economics classroom, complete with a few original student workstations, now serves as a domestic kitchen. The gym, with its secure windows, original floor and functioning bleachers, still has the Superior Panthers' pawprints circling the walls.

The campus can comfortably host overnight groups of up to 500 people, with classrooms converted to sleeping areas for young men and young women, and for leaders' use. Feeding large groups is a challenge; however, previous groups have used the north tennis court, an outdoor preparation area, and a house near it—affectionately called “the cook house”—to meet the culinary needs of the youth. Groups must provide their own cooking supplies, storage and equipment.

Several areas on campus can be used during conferences for activities and programs. The largest indoor space is the school gym. Up to 500 people can sit in gym bleachers, and more on the floor in camp chairs to listen to speakers or other programs. With the bleachers put away, the space is large enough for sports or team building activities. A few other rooms, including the old media center, can be used for smaller breakout groups.

The campus has working electricity, but has no internet connectivity nor Wi-Fi. So digital programming must

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Youth addressed by a speaker in the school gym.

Photo by Tim Holladay



Kimball Stake's 2019 Youth Conference – Hope of Israel, hosted at the Old Superior High School.

Photo by Jenny Evans



A meal at the north tennis court.

Photo by Jenny Evans



Kimball Stake's 2019 Youth Conference – Hope of Israel group picture.

Photo by Tim Holladay



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Church Education System Schools

Continued from pg. 6



Photo courtesy of Pexels

“For members of the Church, education is not merely a good idea—it’s a commandment,” President Dieter F. Uchtdorf said.

university,” said BYU-H President John S. Tanner in a 2015 inaugural address, “a place where people from many nations learn together in purity, peace, unity, and love.”

LDS Business College

Of all the Church-sponsored schools, the two-year LDS Business College in Salt Lake City is the smallest. To its student body of under 1,000, 99% of whom are Latter-day Saints, the school offers AAS (Associate of Applied Science) and AS (Associate of Science) degrees as well

as certification programs in business and industry knowledge. Tuition is \$144 per credit for students under 11 credit hours or over 18, but from 12-18 credits, semester tuition is \$1,720.

Michele Snyder, a 2013 AAS graduate originally from Arizona but now living in Utah, went to LDSBC. “It was interesting in that the student population was smaller than [my high school],

but far more diverse,” she says. “There were a lot of things I loved about LDSBC—living in Salt Lake City, devotionals, sharing the same experience with the same people.”

As in any Church school, the emphasis on spiritual learning was strong. “It took some getting used to, to talk about Heavenly Father in an accounting class, but I for sure benefited from

Spirit-led learning,” Snyder says.

CES schools are consistently top-notch in national rankings and offer students the chance to merge their scholastic and spiritual goals. To apply to any of the Church schools, visit <https://www.churchofjesuschrist.org/church-education/apply-to-church-schools> or visit individual college websites.

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Tombstone Craftwomen

The Gravestone Girls Turn Genealogy Into Art

By Merry Gordon

Brenda Sullivan spends much of her time with dead people.

This is fine by her—it's just another day on the job.

But Brenda is no mortician or pathologist. She is the founder of Massachusetts-based Gravestone Girls, a team of craftswomen who use old New England tombstones to create art with a genealogical twist. Together with her friends, Maggie White and Melissa Anderson, Brenda brings the past to life through whimsical and detailed casts of old American funerary art.

With increased interest in family history, connecting with our ancestors helps us to understand who they were and what they valued.

"The images on those colonial period grave markers directly spoke to the population about their morality and mortality," says Brenda. Such tombstones could reach both the literate and the illiterate in early modern America. She talks about the "strict orthodoxy" that influenced their culture and "influenced the images on tombstones as a picture language to easily and quickly remind the living of their obligation to preserve the cleanliness of their immortal soul by their contributions in this world."

Early gravestones are richly symbolic, featuring recognizable symbols such as hourglasses, angels, weeping willows and skulls. Less familiar are the bats on Susanna Jayne's 1778 tombstone from Marblehead, Massachusetts, for example, or the coffin-carrying imps on the 1700 tombstone of Peter Tufts in Malden. The designs are as varied as they are beautiful and many have a primitive charm.

Rather than attempting to replicate a tombstone in full, the Gravestone Girls often highlight the handiwork of master carvers by creating castings which feature detail work from a particular stone.



Brenda Sullivan with some of her fabulous funerary art.

Photo by Gravestone Girls

Castings are available in various finishes, from "Afterlife Almond" to "Black Plague." Though their color choices may show a tongue-in-cheek humor, the Gravestone Girls are professionals who take history seriously—every item comes with a reference card giving information about the person, death date, cemetery location and symbolism.

The Gravestone Girls draw from historic stones in the New England area, though they can produce custom pieces from ancestors' tombstones upon request.

With a background in preservation and conservation, the Gravestone Girls are mindful of these past treasures and use processes which ensure the safety of the tombstones. They only cast from structurally sound stones and always obtain permission from cemeteries. Their casting material is nontoxic and does not use oils, harsh chemicals or abrasives, and they're quick to clean

every gravestone "to ensure no trace of our presence is left behind."

When asked about her preoccupation with the cemetery, Brenda points out that their varied clientele shows they're not alone.

"When I encounter cemetery lovers, they often think they're alone in the genre or part of a finite group of appreciators, which couldn't be farther from the truth," she says. "Our beloved customers are oddities collectors, genealogists, historians, archaeologists, librarians, anthropologists, moms, grandmothers, folks who live next to cemeteries and many more."

In addition to their product offerings, the Gravestone Girls teach classes in the New England area on gravestone rubbing and lecture on the symbolism and history of cemetery art. Go online at gravestonegirls.com to see a catalogue of available pieces and learn more about their process.



Photo by Gravestone Girls

Casting is a meticulous process that starts with surveying the original tombstone.

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Old Superior Highschool
Continued from pg. 8

be pre-downloaded. Group bookings at the school are limited to the stake level, so ward groups requesting access are redirected to Madera Ranch. Restrooms are available throughout the campus; however, larger groups are encouraged to rent additional portable facilities. As only select rooms have air conditioning, the prime season for hosting conferences at the school is between October and April.

To check availability for an upcoming

ing conference, contact Coy Lindblom via email: coylindblom@gmail.com. For ward groups, Madera Ranch can be booked through Terri Newman at 480-222-5816. If you are considering a service project for the city of Superior, contact Superior Chamber of Commerce at 602-625-3151 for upcoming opportunities during your scheduled time. When booking the school, the stake presidency will be required to do an on-site walkthrough of the facilities before the reservation is confirmed. Additional instructions for booking are available upon contact.

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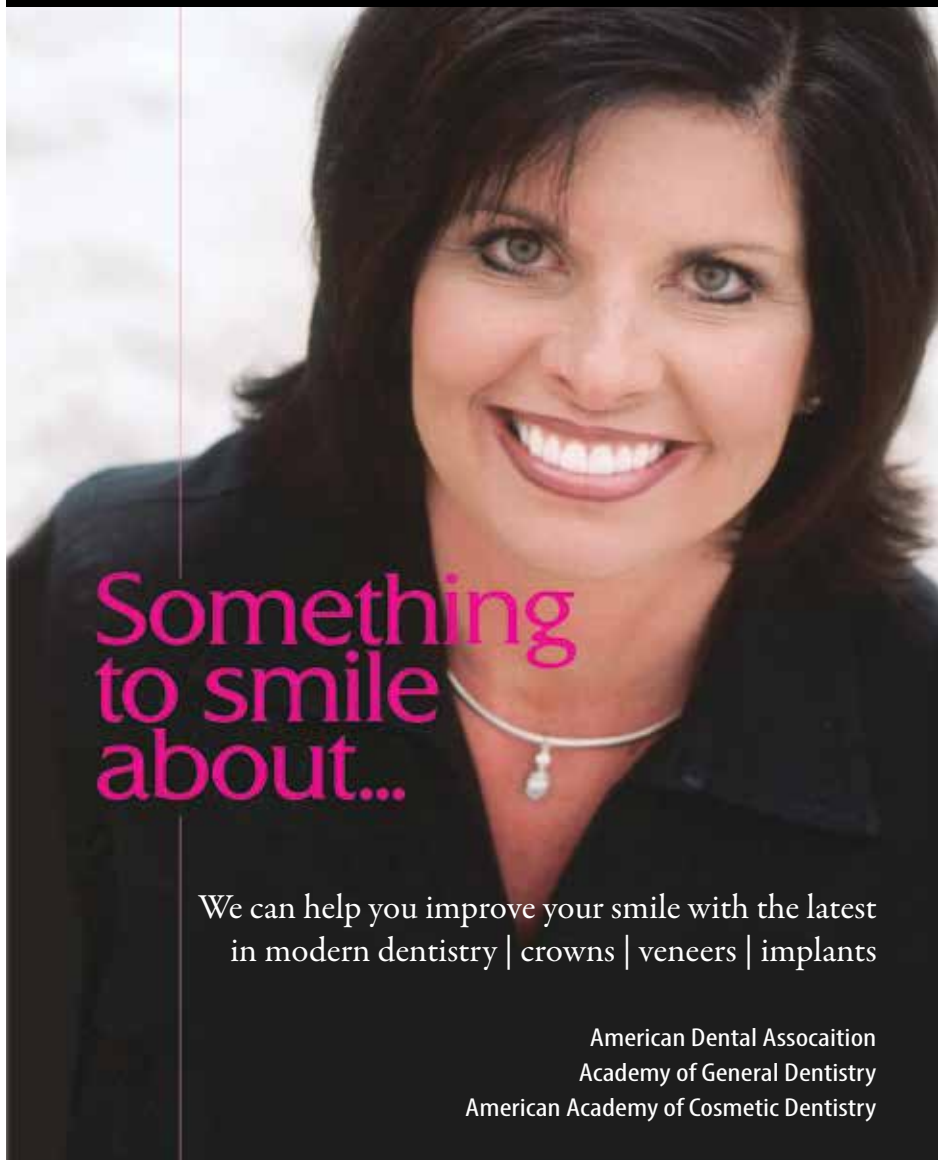


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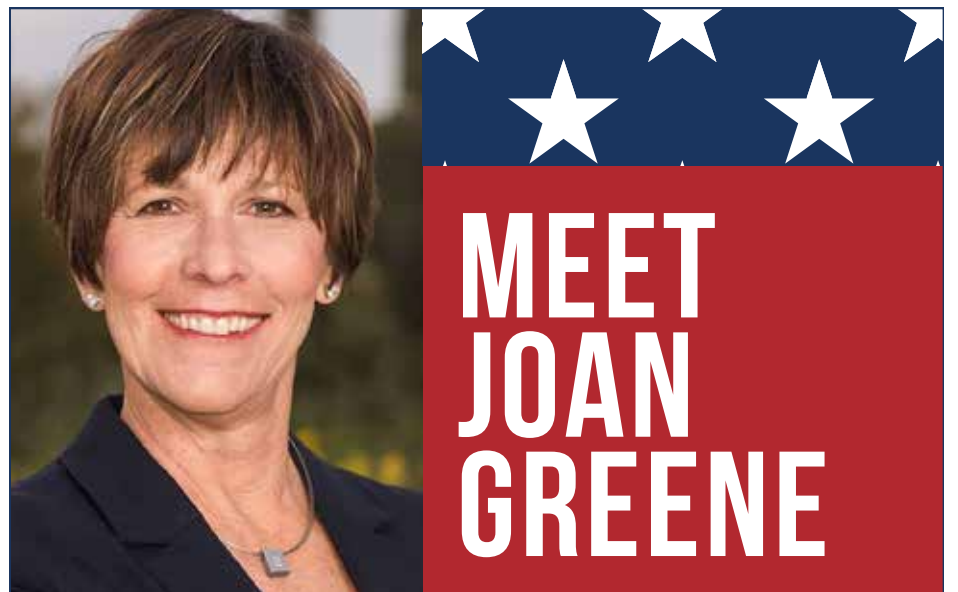
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Q: Please tell the readers about your background and preparation for the office you are seeking.

I am an Arizona native and I grew up in central Phoenix. I went to Sunnyslope High and graduated from the University of Arizona with a degree in Psychology.

I am a small business owner who started my business with only \$500, which was enough money for stationery and business cards. I am proud to say I am celebrating my 33rd year in business. During this time, I have worked with sole proprietors, Main Street businesses and billion-dollar companies. The businesses have one thing in common, they all had a problem and I helped them solve it.

I am fiscally responsible and fiscally smart. The skills and proven strategies I have used in my business of 33 years will be the skills I use to put us back on the path for prosperity and security for everyone. I have the business experience to grow the economy. I know what our kitchen table problems are, and I will provide realistic solutions. I have the foresight to know our problems of today are not the problems of tomorrow. We need a Congresswoman who is proactive and not reactive.

I am very involved in animal rescue and giving back to our Community. I started a second company that raises money and awareness for nonprofits. I also volunteered for Hospice of the Valley as a Pet Therapy Team with my Golden Retriever until he passed away. I believe we need more compassion in government.

Q: What are the local issues the people in your district view as needing to be addressed?

Well, there are many! Affordable healthcare that covers pre-existing conditions. Strengthening Social Security, Medicare, and Medicaid. Lower drug prices. Jobs that pay a livable wage. Quality, affordable education so our children have opportunities to succeed. Environmental protection which includes jobs for the now and the future. Keeping our public lands public. Not using our Veterans and their families as photo ops while voting against them.

Q: Would you put this district in the Liberal Progressive, Pragmatic Progressive Camp, or Centrist?

I would label this as the Human District. We all want opportunities and financial security for our families. This includes quality education, affordable healthcare, lower drug prices, livable wages, affordable housing and a secure retirement. We want Country before Party and we want to get rid of the corruption that is and has been part of government for far too long. These are not partisan issues but every human's issues."

I consider myself a pragmatic, financially responsible moderate Democrat who believes you must be open to new ideas and have the skills to look at issues and problems from all angles. The world is changing so fast we cannot solve tomorrow's problems using yesterday's outdated thinking.

More of this exclusive interview with Joan Greene will be available in the May/June 2020 issue of The Arizona Beehive.

 **JOAN
GREENE**
FOR CONGRESS - ARIZONA 5TH
JoanGreeneAZ.com

Paid for by Joan Greene for Congress. Authorized by Joan Greene.

By Hillary Jade Fevrier

You Are Unlimited!

How One Woman's Passion for Spiritual & Physical Wellness is Empowering Women Everywhere



Photo courtesy of Camille Smith

Camille Smith, wife, mother, fitness instructor, mental health coach and founder of You Unlimited.

Today's society puts a peculiar pressure on women. More than ever, women are expected to be more, achieve more, and smile more, all without chipping a nail. Such impossible expectations have taken their toll on the daughters of God, and many of us find ourselves in trying situations because of it.

"My passion is helping women," says Camille Smith, of the Bridlegate Ward in the Highland East Stake. Originally from Chicago, Camille has lived in Arizona for over sixteen years and has been teaching health and fitness classes almost as long. She received a degree in psychology from BYU, where she met her husband.

They were married in 1989 and they have three children. Her life experiences as a fitness coach and mother, along with her background in psychology (in addition to many other qualifications), have turned Camille into the ideal person to inspire women

to become better and happier versions of themselves—and that's just what she plans to do.

Camille's multi-faceted business, You Unlimited, offers several options for women who are looking for a boost.

Christ-Centered Yoga: Camille has been a yoga instructor since 2015, and began teaching Christ-centered yoga in 2016. In 2019, she debuted her own Christ-centered yoga program, "Restoration Yoga: Move Your Body in Faith," which works in tandem with

the other services provided through You Unlimited. Camille's yoga classes incorporate the teachings of the Savior with traditional hatha yoga poses. At this time, classes are offered three times a week. While Camille is currently teaching in a Gilbert studio, her full curriculum will be available online this spring, making its spiritual and physical benefits accessible to everyone everywhere.

Group Mentoring: in addition to Christ-centered yoga, Camille is also

certified in reiki and hypnotherapy. Her skills and her passion for helping women have guided Camille down the path to leading group mentoring and coaching sessions. The classes meet once a week for six weeks and aim to help women eliminate resentment, find their authentic selves, increase confidence, learn to be comfortable with the uncomfortable and more. The participants also have homework assignments

Continued on pg. 17



Restoration Yoga, a spiritual experience for the mind and body.

Photo courtesy of Camille Smith

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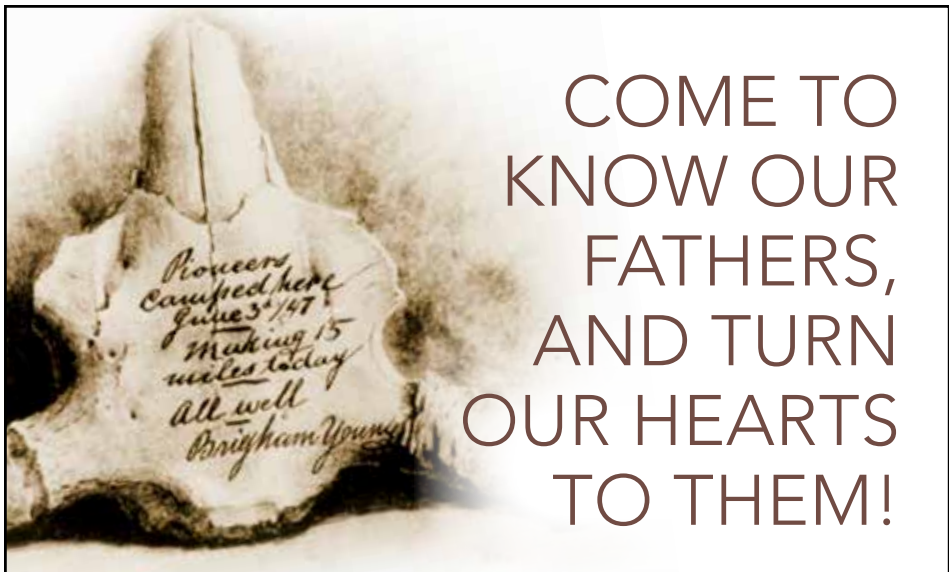
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WEDDINGS *Celebrations* ANNIVERSARIES

Guess what...

The Beehive would love to share the joy of your wedding or anniversary by featuring you on our brand new Celebrations Page!

This issue we extend a special congratulations to Michael Miller and Aidan Clark for their recent marriage AND for being our first couple featured on the Beehive Celebrations Page!



Michael Miller & Aidan Clark
Married January 25, 2020
Photo by Ray Gosha

We'll celebrate with you!

If you were recently married or celebrated an anniversary milestone and would like to be featured on our Celebrations Page, simply email your head and shoulders photo, along with pertinent dates and a photo credit to: info@ArizonaBeehive.com

Space is limited. The Beehive reserves the right to crop photos if necessary and to decline a submission for any reason.

Legacy of Faith Tours

An Amazing Journey Through Church History

By Katherine Ogden

Rinda Updike is a self-proclaimed "Church history nerd."

A sixth generation Arizonan, she was one of the first young sister missionaries called to serve at the Hill Cumorah historical sites. While there, she compiled the early Church history study curriculum for her fellow site sisters. She's also taught seminary in both Arizona and Utah.

As someone who had studied Church history in depth, she started to notice there were more opportunities available for people to take historical tours from Utah. For almost 15 years, she'd contemplated doing something similar in Arizona. Her Legacy of Faith Tours was created to fill that need: finally, there would be a Church history expedition organization originating in Arizona.

About 5 years ago, Rinda contacted a friend and mentor who had launched similar trips out of Las Vegas, and she became an apprentice of sorts, riding on the tours and learning the ins and outs of the business. A year later, she was ready to form what she nicknamed "The Guinea Pig Tour" and invited a few close friends on the first trip.

"I wanted to create an opportunity for youth and adults from Arizona to experience the historical sites of The Church of Jesus Christ of Latter-day Saints in a more personal way. I really wanted to give people



Grave Marker of Solomon Kimball.

Photo by Tammy King



Photo by Rinda Updike

Members of 2019 tour visiting Liberty Jail.

in Arizona an affordable opportunity to take the tour," says Rinda, "Sometimes [the tours] are offered nearly at cost."

"The tour was such a blessing," says Tammy King, one of the members of the first tour. "We're related to Heber C. Kimball on my mother's side of the family, and we toured through several graveyards during the trip. It was amazing to me to be able to see the headstone belonging to Solomon F. Kimball, the father of Heber and great-

Continued on pg. 29

Willing & Worthy

By Cecily Markland Condie

Young Church-Service Missionaries Serve as “Savior’s Hands”

Willing and worthy, but unable to participate as proselyting missionaries because of “physical or emotional health reasons or for other considerations,” dozens of young men and women across the Phoenix metro area have been called as young Church-service missionaries.

These missionaries are becoming a formidable force for good, using their unique talents and abilities to minister in countless ways, including assignments with approved charitable organizations, such as refugee and homeless services, food banks, etc.; with Church operations, such as in the temple, Bishop’s Storehouse or Family History Centers; and in stake-assigned opportunities, such as assisting the elderly.

Elder Charles Steadman and his wife, Sister Therese Steadman, who serve as the Arizona Tempe-Chandler Service Mission Leaders, explain that these missionaries also are expected to look for additional opportunities to serve, regularly attend Church meetings, attend the temple as often as possible, and participate in weekly district meetings and other mission activities.

Sister Steadman adds, “We remind them that they are expected to understand and abide by the stated Service Missionary Purpose, ‘to help others come unto Christ by serving them as the Savior would.... We will minister in His name to the one, just as He did, expressing His loving kindness.’”

She says what began as a pilot program in Gilbert and other select areas was adopted for use across North America beginning January 2, 2019.

A letter from the First Presidency addressed all stake, mission and district presidents, bishops and branch presidents in the United States and Canada, stating that all young missionary candidates were to use the same online recommendation process, including the

required evaluations by medical professionals. Then, the letter states, “Under the direction of the First Presidency and the Quorum of the Twelve Apostles, each prospective missionary who qualifies will receive a call that best suits him or her.”



Photo courtesy of Sister Therese Steadman

Missionaries from the Arizona Tempe-Chandler Service Mission participate in a service project with their Mission Leaders Elder Charles Steadman (far left) and Sister Therese Steadman (far right). Like other young Church-service missionaries across North America, they live at home while serving as full-time missionary volunteers, helping with various projects for charitable organizations, working within Church operations or performing other service as assigned by their stake.



Photo courtesy of Sister Therese Steadman

In addition to performing Church and community service, young service missionaries, like those from the Arizona Tempe-Chandler Service Mission pictured here at the Gilbert Temple, are expected to participate in regular service, attend their Sunday meetings and attend the temple as often as possible.

Service missionaries live at home and serve as close to full-time as their circumstances allow, with young women ages 19-25 serving for 6 to 18 months and young men ages 18-25 serving for 6 to 24 months.

Elder Julian Arellano, who was initially called to a proselyting mission, but, after experiencing health issues was reassigned as a service missionary, says, “I felt like I failed the Lord. But after being reassigned as a service missionary, I knew He still needed my help.... Being able to serve is a wonderful thing. It’s drawn me closer to the Lord.”

The Steadmans refer to instruction from Church leaders, saying members need to come to understand that “a service mission is an acceptable offering to the Lord, when a proselyting mission is not possible. Therefore, referring to a proselyting mission as a ‘real mission,’ ‘normal mission’ or ‘traditional mission’ is inaccurate and should be avoided.”

“These service missionaries are amazing,” Sister Steadman says. “We have been taught that we have got to move outside the chapel doors to teach of Jesus Christ. Service missionaries are out there. They are His hands.”

More information can be found in the January 2019 *Ensign* article, “All Who Have a Desire to Serve” and online at churchofjesuschrist.org/service-missionary.



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PREP YOUR MISSIONARY

Mission papers sent off? Great! Now what? There are plenty of things you can do to prepare spiritually, physically, emotionally, and financially while waiting for that all-important call packet. Check in with us for tips, tricks, and useful resources for preparing missionaries and their families.

Preparing for Companionship Success

By Allison Beckert

Companionship pairings and developing a companion relationship are some of the unique features of a proselytizing mission. Since it's common to wonder what a mission your companion will be like and if you'll get along, remember that your future companions are wondering the same things. Taking some time to understand how a companionship works, and how to make a good one when preparing to meet your first companion is good missionary prep.

A companion is a teammate. Goals, lesson plans and even housekeeping are a team effort. *Preach My Gospel* outlines the process for the daily and weekly planning sessions. The planning process is most effective when both companions contribute and communicate. Presenting lessons effectively is also based on companions working together on daily study. In most chapters of *Preach My Gospel*, there

are several ideas for companionship study, including ideas not just for effective lessons but also for building one another's testimonies.

Companions help one another. Each companionship is encouraged to help each other with personal goals and challenges. Mission life is challenging and full of change. As soon as an area or companion becomes familiar, a new transfer often changes everything. This is all the more reason to invest in your

relationship with your companion. The "Adjusting to Missionary Life" booklet, released in 2013, encourages companions to review their challenges together and be a resource to one another when mission life gets stressful or challenging. Companions are also responsible for keeping one another accountable to mission standards, including the use of technology. Details on this direction may be found in the new handbook, and in the "Safeguards for Using Technology" booklet.

Companionship connecting is one of the best feelings experienced on a mission, but it doesn't always come naturally. A missionary companionship is often one of the most intense working partnerships between two people due to each having different backgrounds and life experiences. Such a situation creates an immediate opportunity to practice and develop Christlike attributes for personal growth. One of the most useful chapters of *Preach My Gospel* is the section "How Do I Develop Christlike Attributes?". Developing these traits is one of the best ways to improve companion relationship.

A successful companionship requires a blend of humility and courage. Learning to recognize when to speak up, when to support, and when to stand ground takes time, and the benefits to the missionary and their mission area of developing a successful companionship are huge.



Church Media Library

Sisters during companionship study using tablets.



Church Media Library

Elders praying before knocking on a door.

You Are Unlimited! Continued from pg. 12

between classes. Women who have participated in her mentoring programs have been blessed with greater mental clarity, self-esteem and courage.

Just like her digital yoga program, Camille's mentoring sessions will be available online this fall for those who are unable to attend the meetings.

Individual Mentoring: Camille is proud to offer one-on-one mentoring based on need. While there is strength in numbers, each individual will be considered personally and carefully.

Whether you are a woman suffering from mental or physical health challenges or you just want to connect with other women striving to shine, You Unlimited has a service that can help and bless your life. Camille's many talents and abilities have morphed from passion to profession and she is casting her net wider, touching more and more women who need to understand that they are truly *unlimited*.

For more information, visit www.you-unlimited.com

Connect with Camille on Facebook: <https://www.facebook.com/youunlimited1>

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INSIDE CHURCH NEWS

The Arizona Beehive has scanned recent news and announcements from The Church, and presents a few here for you!

Saints Volume 2 Church History Book Now Available

Volume 2 of the book *Saints: The Story of the Church of Jesus Christ in the Latter Days* is now available. It is the inspiring story of the women and men who dedicated their lives to establishing the Church across the world. It covers the period from 1846-1893.

Digital access: The book is available for free in the Gospel Library mobile app and online at saints.ChurchofJesusChrist.org in 15 languages.



Printed book: English is available at store.ChurchofJesusChrist.org and at Church distribution centers. Language versions will be available in the coming months.

Digital audio: You can listen to audio of the book online and in the Gospel Library app.

Online, you can listen to streamed audio by going to a chapter in the book, then click the icon of audio headphones in the lower right of the screen or you can download the audio by clicking the download icon in the upper right of the screen.

In the Gospel Library app, you can listen by going to a chapter in the book, then click the icon of audio headphones in the lower right of the screen.

This is the second in a series of four volumes of Church history that will be published. Unlike past histories, which were primarily written as reference works, *Saints* is written as an engaging narrative. The rich stories come alive and tell of the commitment, devotion, and love of God that is so evident in the lives of early Latter-day Saints.

Photo by Church of Jesus Christ of Latter-day Saints

Church Changes Twitter Handle to @Ch_jesuschrist

The username of the official Twitter account of The Church of Jesus Christ of Latter-day Saints is now @Ch_JesusChrist. This change better emphasizes the name of Jesus Christ, the focus of our worship. The adjustment also helps Twitter users mention the Church more clearly in tweets and personal profiles.

Those who already follow the Church's official account (previously @ChurchNews-room) do not need to re-subscribe.

Giving Machine Results

In an email to people who participated in the 2019 #LightTheWorld initiative, the Church sent the following email:

As we look back at last year's #LightTheWorld, we can't help but feel overwhelmed with gratitude for your participation.

This year, we saw 8MM+ website visitors to LightTheWorld.org and 16.5MM+ video views. This wouldn't have been possible without the 150K+ social posts featuring daily service prompts, Giving Machines, The Christ Child nativity film, invitations to church, and more. You used your voice to help spread the light of Christ.

More than \$6.2MM was given by over 100K people at Giving Machines around the world. (\$1.2 million of this total was donated at the Gilbert, AZ machine, alone!!)

Here were your favorite items donated:

- 2.5MM+ Meals
- 1.5MM+ Vaccines
- 93K+ Chickens
- 62K+ School Supplies
- 12.7K+ Clothing Items
- 11.4K+ Glasses

From the bottom of our hearts, thank you! We couldn't have done it without you. We truly believe in the power each of you has to spread light and goodness to everyone around you. President Dieter F. Uchtdorf says it best:

"With the blessings of modern technology, we can express gratitude and joy about God's great plan for His children in a way that can be heard not only around our workplace but around the world. Sometimes a single phrase of testimony can set events in motion that affect someone's life for eternity. The most effective way to preach the gospel is through example. If we live according to our beliefs, people will notice. If the countenance of Jesus Christ shines in our lives, if we are joyful and at peace with the world, people will want to know why."

Thank you for your Christ-like examples and for helping us #LightTheWorld!



Photo by The Arizona Beehive

Prepare Now For April 4-5, 2020 General Conference

General conference is intended to be a revelatory experience as we learn from living prophets and apostles through the influence of the Holy Ghost. Proper preparation will help ensure that you get the most out of your conference experience.

"As you prepare for general conference, I invite you to ponder questions you need to have answered. ... There are messages in each general conference given as a gift and a blessing from heaven specifically for our personal life situations."

— Dieter F. Uchtdorf

As you prepare personally, ask yourself "What questions and challenges do I need direction and guidance on?"

The page *Ideas to Prepare for General Conference* at ChurchofJesusChrist.org provides suggestions to review with your family.

"To the young members of the Church, I promise that if you will listen, you will feel the Spirit well up within you. The Lord will tell you what He wants you to do with your life."

— Robert D. Hales



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Pack it up!

By Heather Kidder

Tips for Traveling Light

Plying overseas, driving across the country or spending a weekend out of town presents the dilemma of choosing which clothing items will stay and which will go. Over-packing creates an undue burden. Transporting multiple bags either becomes too much effort for the small benefit or a waste of energy for a



Photo by Andrew Neel from Unsplash

Here you have a wonderfully layered outfit: shirt, sweater, and jacket. These can be broken apart into several different looks, and they can be worn together for warmth.

short trip. Under-packing, on the other hand, lends to an unkempt appearance or frustratingly limited outfit choices. Preparing for each trip can be mentally straining as you try to predict which issue you would rather be faced with: having too much or too little? The following tips will help you find a happy medium: light luggage with plenty of clothing options.

Tip 1: Pack Layers

When choosing outfits for a trip, look for items that can be worn separately as well as together. This allows room for more formal or less formal looks as well as warmer or cooler outfits. Look for one or two cardigans or light jackets, and limit yourself to one heavier layer. Layers can also help if clothing gets soiled but needs to be worn again. A shirt turned inside out can be layered with a cardigan and go unnoticed. A light jacket or neutral decorative scarf can cover up stains or spills. These layers can add to your appearance when accidents occur that would usually limit wardrobe choices.

Tip 2: Neutral Bottoms

One key to packing light is to limit the number of bulky items like jeans. Bottoms should be neutral in color; this enables them to be paired with every top packed. Keep in mind that darker colors can hide spills or stains. When traveling with young kids or on a trip where eating on-the-go is a must, dark



Photo by Dids from Pexels

It is surprising how many rolled clothing items can fit inside backpacks and duffel bags. These lightweight traveling bags may become your easy go-to!

bottoms can hide some of the common mishaps. On trips where washing machines are not available, darker bottoms can often be spot-washed in sinks and left out to dry overnight without looking too disheveled. Khaki or light-colored pants tend to be less forgiving.

Tip 3: Roll

The go-to method of packing the most amount of clothing items into a single bag is to roll, not fold. Rolling each item individually allows small corners to be filled. Each item can be shaped around the bag or toiletries for a snug and compact fit. Sometimes rolling jeans or bulky items seems illogical, but it always works! The very top layer of items can be lain out flat across the top if needed, but many layers of rolled clothing can fit into your bag, allowing you to plan fun mix-and-match outfits or even fit in some bright belts, and extra pair of shoes, or other favorite accessories.

Pack smart, and it's bon voyage! — you're looking great.

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Photo by Emily Boyle

More than 300 million pairs of shoes end up in one of our country's landfills each year, according to the U.S. Department of the Interior. Companies such as Zappos accept slightly used shoes for free and donate them internationally.

Two Mesa Cobblers

A Gnome's Shoe Repair In Mesa

By Emily Jex Boyle

Did you know Americans throw away more than 300 million pairs of shoes every year, according to the U.S. Department of the Interior? When these shoes find themselves in the landfill, they sometimes take 30 to 40 years to decompose. Did you also know a cobbler isn't just a pie, but someone who fixes shoes?

Before you throw away your next pair of shoes, think again. Could they be repaired? Taking them to the repair shop might be less expensive than you think and add a few more miles to your shoes.

At A Gnome's Shoe Repair in

Mesa, owners Isaac and Nate are committed to offering a quality shoe repair service, prolonging the life of your shoes, and an eco-friendly way to reduce waste. Are the soles of your shoes worn down? Are your sandal straps broken? Don't throw them in the dumpster, bring them to the cobblers!

Isaac has been working in the shoe repair business nearly all his life, starting in his grandparents' shop when he was twelve. When his family needed his help over the years, Isaac says, "I put my life on pause." Later, he left the family business to study at Pima Medical Institute and feels his medical assistant training and experience helps



Photo by Emily Boyle

Owners of A Gnome's Shoe Repair, Nate and Isaac, started their own business in East Mesa over a year ago.

him offer quality customer service. "It's heart to heart, no matter how [customers] walk in," Isaac says. One visit to the shop and you'll see he is certainly the heart of the business.

Nate learned all about shoe repair from Isaac's family, watching and helping in their shop for years. A few years

ago, when his mom passed away, he realized he couldn't lean on anyone. When he connected with a shoe repair in Globe looking to sell their finisher machine and a long-standing repair shop willing to allow him to take over their lease, Nate saw a

Continued on pg. 29

COMFORT FOR REFUGEES



U.S. Public Health Service Officer Supports US Navy Humanitarian Mission in Latin America

By Emily Jex Boyle

Commander Robert Boyle, clinical pharmacist stationed at the Salt River Pima Maricopa Indian Community (SRPMIC), deployed last fall to assist the final leg of Continuing Promise 2019 mission aboard the USNS *Comfort*.

The ship is one of two U.S. Navy hospital ships converted from super tankers. It is the length of three football fields and displaces 70 thousand tons. The ship houses a crew of one thousand, representing nearly every uniformed service of the United States, partner nations and non-governmental organizations. It can house one thousand patients and produces its own electricity and water.

The ship's journey began in June from its home port, Norfolk, Virginia, and returned there in November after servicing 12 countries as far south as Peru and up through the Panama Canal up to Jamaica.

This 2019 mission of the USNS *Comfort* included providing medical services to Venezuelan refugees flee-

ing throughout Latin America and helping keep America's promise to spread goodwill in this region.

The USNS *Comfort* performs surgeries in the hospital operating rooms and patients stay the night on the ship with a family member. While some crew stay on the ship, the rest of the crew set up stand-up clinics on shore where free care is provided for one week. Services include medical, radiology, laboratory, dental, optometry and pharmacy.

"The clinic days are humbling, as was sacrament meeting with MRE crackers for bread," CDR Boyle describes. "Many patients spend all night and day waiting in line to be seen by the Navy, Army or U.S. Public Health Service providers. The care they are provided is great and, of course, free."

Seeing the lack of health care for many in the countries serviced, CDR Boyle continues, "There is so much need that we all wish there was more we could do long-term, especially in Haiti. As for me, I feel like as long as



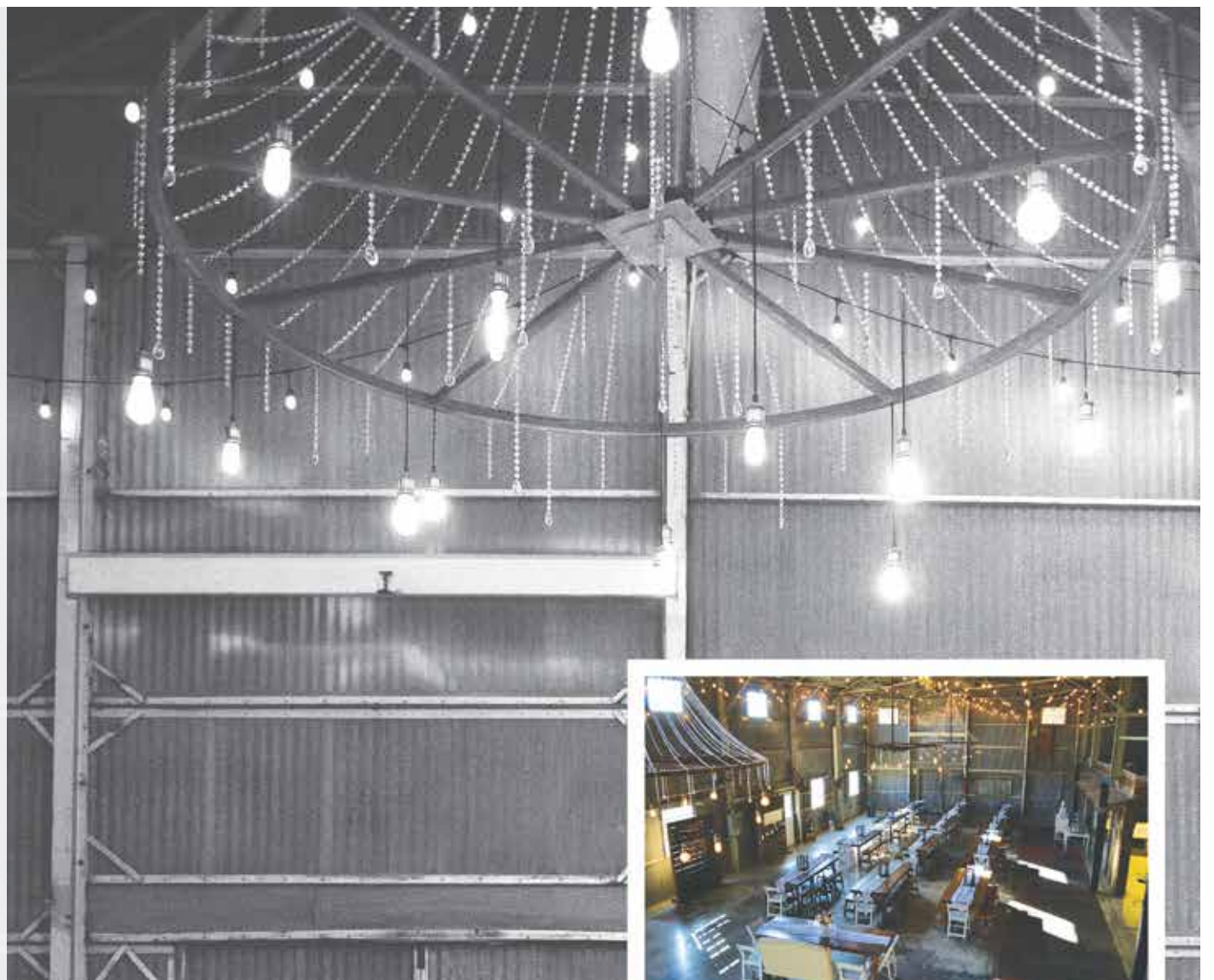
Photo by Robert Boyle

USNS crew set up clinics on shore such as the one pictured here in a handball stadium behind CDR Boyle in the Dominican Republic where free care is provided for one week at stand-up clinics. Services include medical, radiology, laboratory, dental, optometry and pharmacy.

I make sure every prescription that goes out is appropriate and the patients really understand their use then I am

doing something helpful. That is just part of it. The other thing I feel I can

Continued on pg. 27



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ANCESTRAL LINES

Mapping Our Ancestors

By Alyson Johnson

Adult and youth temple and family history consultants in the Grove 3rd Ward, Chandler Arizona South Stake, planned an



Photo by Alyson Johnson

(From left) Jay Fillerup, Savannah Huntington, Lorne Johnson, Tacoma Goodman, Gary Harris, Houston Goodman, Steven Crow and Hannah Hale work to add their ancestors to the map.

engaging two-part ancestor mapping activity this past year to help youth connect with their family history.

Part one would be helping the youth choose a country by having each youth research, identify and mark on a map one of their ancestral lines that had immigrated to the United States. Youth consultant Jonathan Crow had the idea for all the lines to hook into one pin on the map at Chandler—a nod to unity and to show the path each of their families took to end up here together.

The night of the activity youth and leaders used the fan chart view on FamilySearch.org or went into the Family Tree app and clicked on people in their pedigree chart, noting the birth locations going back on one of their lines. They took turns at the map and plotted each location with a map pin, then used thread to connect to the pins, and eventually landing overseas in most cases.

Young Women President Becky

Fillerup noted, “It was inspiring to see their level of excitement and involvement increase over the course of the activity. Youth who initially came into opening exercises with a lukewarm attitude about the night’s plans were fully engaged with the project.”

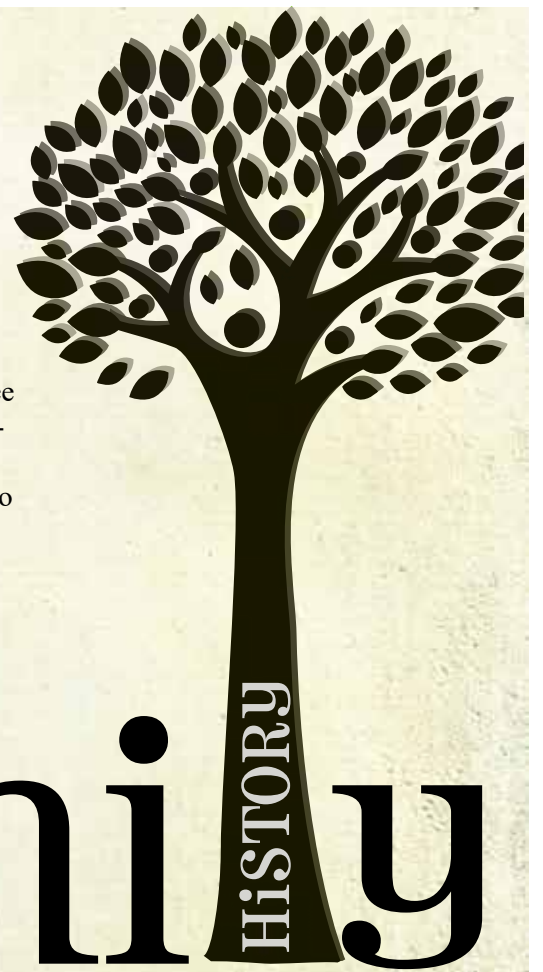
18-year-old John Lane ended up mapping two ancestral lines. “I was curious to see where my ancestors

Family

came from, so this activity was pretty interesting to me,” he remarked. “My favorite part of the activity was being able to physically trace my line back on the map because it really helped me to appreciate what my ancestors did and what they had to go through for me to be where I am today.”

Amy Southworth, whose two children participated in the activity, mentioned they came home from the activity that night talking about mapping their ancestral lines, one to England and another to Finland.

Continued on pg. 25



“The Milkman’s Son”

Grapples with Issues of Family, Identity

Shockingly, *The Milkman’s Son* is exactly what it sounds like: Arizona author Randy Lindsay discovered—as an adult—that his dad was not his biological father.

When Lindsay unraveled the fam-

ily secret, a friend asked if he was alright with having another family. “No,” I tell her. “Not really. For fifty-seven years, I lived with a stable concept of what is family. Then overnight, I find out my family image is wrong. Rather than being a part of two families, I feel that I don’t belong to either.”

Growing up, Lindsay was often jokingly referred to by family members as “the milkman’s son” because he didn’t look like anyone else in the family. However, he thought he knew his place in the world. Years later, his dad surprised him by sharing a dream where deceased relatives visited him, requesting that he research his family history. He asked Lindsay to do it.

This set off many years of research and the unraveling of Lindsay’s identity. “As the family historian, I wanted to connect to my Lindsays in Ireland and took a DNA test which revealed that I’m not actually a Lindsay,” Lindsay says.

The Milkman’s Son takes readers on a journey with emotional twists and turns as Lindsay learns about and uses

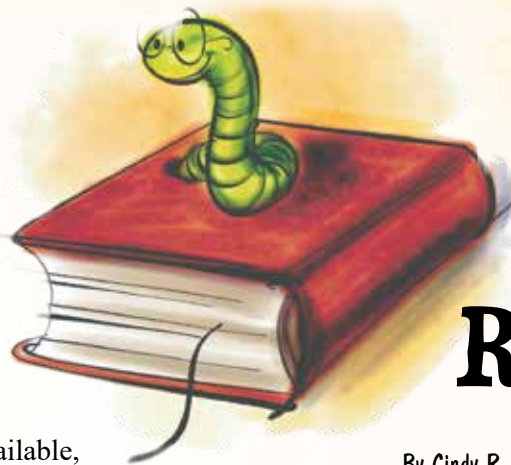
many new research tools available, including DNA testing.

Lindsay says, “This experience taught me that my dad and my biological father both contributed to who I am. I want to encourage others to take the risk and meet the lost members of their family. I want them to fully know who they are.”

“If they feel what I felt then they can know they’re not alone. I think it also defines what makes us family. Blood doesn’t define family. It is the love we share that makes us family,” he says.

Overall, as the back of the book blurb says, “This is a story of accepting, forgiving, reuniting, and most importantly, it’s about the bonds that connect us and the unconditional love that makes us feel like we belong.”

The Milkman’s Son is available at Deseret Book and online.



Beehive

BOOK

REVIEW

By Cindy R. Williams

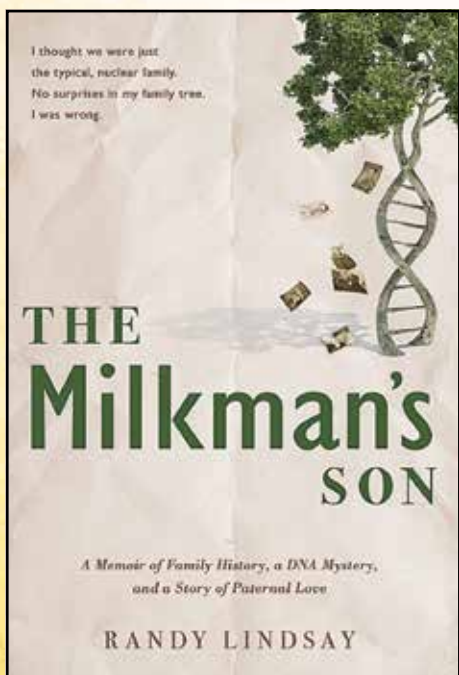


Photo courtesy Randy Lindsay

Book cover of *The Milkman’s Son*

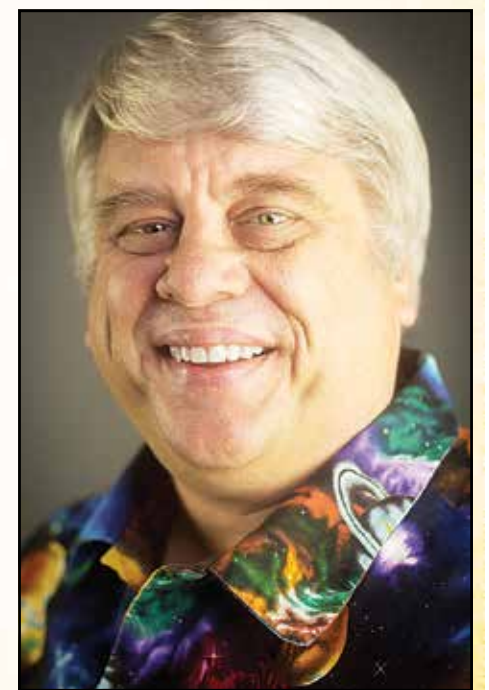


Photo courtesy Dustin Thompson

Author Randy Lindsay



F H E Corner

By Robin Finlinson

A BICENTENNIAL SONG

Come and Receive God's Light

Music and text by Robin Finlinson

With energy ♩ = 84-92

In Eigh - teen twen - ty the heav - ens o - pened... Pour-ing out rev - e - la - tion,
Of - f'ring the world more light. Heav'n - ly Fa - ther and Je - sus Christ ap -
peared to Jo - seph Smith to start the age of truths be - ing re-stored.
Soon would come forth The Book of Mor - mon. It's an - o - ther tes - ta - ment of

In President Russell M. Nelson's message published January 1, 2020, he described our day as a time of "ongoing restoration of the Savior's gospel." Here's a song to commemorate 200 years since the prophet Joseph Smith's first vision of heavenly beings that began the restoration. The song is meant to be a lively, fun challenge. It employs two different melodies—one suited for higher voices, the other for lower ones. Some family members might sing sections of the song down an octave or join in with the lower melody or the harmony part.

Je - sus Christ our cherished Lord. Liv - ing now in these lat - ter days, It is
time to hum - bly work to help the world re - ceive our ri - sen Lord. In --
vi - ting each soul to come to the Sav - ior --- This is work of sal - va - tion.
All may share in its light. Come and re - ceive God's light.
poco rit.

"Come and Receive God's Light" by Robin Finlinson, p. 2

Family History Continued from pg. 24

"When the youth are immersed in family history, they feel good, they leave the activity lifted and happier, they feel they have done something of substance with their time," said

Sister Fillerup.

The map was displayed in the foyer before and after sacrament meeting and the block, with many people stopping to look and commenting on what a great visual it was.

Part two of the activity involved the youth taking 15 minutes to look

up information about their ancestral country—a famous person, currency, language, cost of living, population, cuisine, etc.

John Lane recognizes promised blessings. "I've found that when I do temple and family history work that it is a lot easier to resist the temptations

of Satan and I'm really grateful for that."

Parents want for themselves and their children the promised blessings associated with family history and temple work. Ancestor mapping can easily be done as a Family Home Evening activity.

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Uniting the Children of

Judah & Joseph

Passover Seder Dinner Set for April

By Valerie Steimle

Arizona's Jewish Latter-day Saint organization, Bnai Shalom, has invited Daniel Rona to present a special Passover Seder dinner on Thursday, April 16th, from 6:30pm to 9:00pm. This special Seder highlights and meal will be held at the Lehi Stake Center, 1430 North Grand in Mesa, and is open to members and visitors.

Brother Rona travels from Jerusalem to speak to Latter-day Saints and their friends about the Savior, his bond with the people of Judah and Joseph, and to discuss how Passover

and Easter are connected. Few people have the opportunity to visit the Holy Land, so by sharing his Jewish and LDS insights, Brother Rona will bring Israel to participants. Brother Rona's love for the Savior and the spirit of His homeland will be felt by everyone as he enthusiastically shares his knowledge, humor and warmth.

The purpose of the Passover Seder dinner is to unite the Children of Judah and Joseph by bringing the Holy Land to many Latter-day Saints who may never get to visit it. Brother Rona teaches us about the land, the culture,



Photo courtesy of Deseret News

Daniel Rona is coming from Jerusalem for a special Passover Seder this April.

the language, bringing us closer to the Savior and to the bridge connecting the ancient Holy Land with the new Promised Land.

During the explanations of "the meal fit for a King," Brother Rona uses scriptures and scriptural patterns to enlighten the plan our Father in Heaven has for His children. Participants will see a live video feed of Jerusalem and discover how many things point to the meridian of times, to the Savior. From ancient times through today, the Chil-

dren of Judah have looked forward to their Redeemer; today, the Children of Joseph remember their Redeemer and look forward to His imminent return. This is always a comfortable and heart-touching occasion for non-member friends.

For more information, please see <http://www.mormonsandjews.org/> or <https://www.facebook.com/groups/BnaiShalomJewsAndLatter-DaySaints/> or email Valerie Hollobaugh at valeriesteimle@yahoo.com

New Business Development Classes in Mesa

By Valerie Steimle

Native American Fatherhood and Families Association (NAFFA) is pleased to announce a partnership with the Native American Business & Economic Development Center (NABEDC – pronounced "Nah Bed See"). The goal of NABEDC is to help American Indians, Alaska Natives and Native Hawaiians (AIANNHs) start a business or grow an existing business through local resources, innovation and strategic planning. The outreach of NAFFA to Native Americans through their participants in programs will make a remarkable partnership with NABEDC, providing entrepreneurship opportunities.

Through the funding provided by the United States Department of Commerce, Bureau of Minority Business Development Agency (MBDA), the Arizona Hispanic Chamber of Commerce was awarded grant funds to create this project. Services include classes,

workshops and resources on how to start a business, steps toward obtaining capital, locating and bidding contract opportunities, marketing resources, export assistance, manufacturing resources and other amenities. Programs will be conducted in collaboration with community partners throughout Arizona, Nevada and Utah, and at no charge to qualifying AIANNHs.

NAFFA is an Arizona nonprofit founded in 2002. They recognize the sacredness of families and the role that a man and father must play to ensure success and happiness as a family. Their programs, utilizing trained facilitators, employ culturally sensitive curriculum that addresses the concerns and issues that face Native Americans today. NAFFA has positively impacted thousands of lives on and off the reservation. They work with over 240 tribes in the United States and Canada.

The November ribbon-cutting

and open house celebrated the partnership with NAFFA, AZHCC, and NABEDC. For information, including a class list and schedule, please contact Karalee Joseph (NAFFA) at [\[aznaffa.org\]\(mailto:karaleej@aznaffa.org\) / \(480\)-530-9009 or Christina Gonzalez \(AZHCC\) at \[Christinag@azhcc.com\]\(mailto:Christinag@azhcc.com\) / \(602\) 888-2987. NAFFA is located at 460 N. Mesa Drive, Suite #115 in Mesa.](mailto:karaleej@</p></div><div data-bbox=)



NABEDC Ribbon-cutting and open house, held November 2019.

Photo by Valerie Steimle

COOKING with the BEEHIVE

Tartine Morning Buns - Like Eating Sunshine!

My husband and I took a trip to San Francisco recently. One of our reasons for going was to try as many bakeries that we could, since San Francisco is known for its many patisseries and bakeries. Our first stop was Tartine, a famous bakery with a collection of cookbooks I have baked out of many times. There we stumbled on a magical creation, the Morning Bun, a croissant rolled up with cinnamon roll filling. It was like eating sunshine. Once I got home, I made it my mission to recreate the deliciousness.



Tartine Morning Buns

Makes 12 Buns

By Rachael Fuller

Ingredients

- 2 pounds croissant dough*
- ½ cup brown sugar
- ½ cup white sugar
- finely grated zest of 2 medium oranges
- 2 tablespoons ground cinnamon
- pinch salt
- 4 ounces butter, melted
- extra white sugar for coating muffin cups and for rolling finished buns

**Crescent roll dough is not recommended for this recipe; you need real croissant dough. There are many places online you can find a solid recipe.*

Photo by Charles Haynes via Flickr
A Tartine Morning Bun

Directions

1. Combine brown sugar, ½ cup sugar, orange zest, cinnamon and salt in bowl.
2. Prepare a muffin tin by brushing bottom and sides of each cup with melted butter. Put a teaspoon of sugar in each muffin cup and swirl around to evenly coat.
3. Roll out croissant dough into a 1/4-inch thick, 6-inch-by-18-inch rectangle, with the long side in front of you. Brush dough with melted butter, and sprinkle sugar mixture evenly over the whole rectangle. You may have some of the mixture left over.
4. Starting with the long side of the dough, roll rectangle into a cylinder. Cut cylinder into 1 1/2-inch discs. Fit each disc into the buttered and sugared muffin tins so that the swirl pattern is visible on top.
5. Preheat oven to 375 degrees. Let rolls rise in a warm (but not hot) place for about 45 minutes. They should rise approximately to 1 1/2 times their original size. Place the muffin tin on a cookie sheet covered with parchment or foil to catch any drips while baking.
6. Bake for about 35 minutes to an hour, depending on your oven. When done, the tops should be well browned, and the sugar melted. Remove pan from oven and immediately turn buns out onto a clean baking sheet or work surface. Place pan in sink and cover with hot water (it will be easier to clean later).
7. Let buns set for 5 to 10 minutes, then toss in a bowl with some sugar to coat. These buns are best eaten the day they are made. If eating the next day, heat in a 350-degree oven for 5 minutes before serving.

Comfort for Refugees Continued from pg. 22



Photo by Robert Boyle

The USNS Comfort is one of two US Navy hospital ships converted from super tankers. It is the length of three football fields and displaces 70 thousand tons. The ship houses a crew of one thousand.

do is look at each patient in the eye, introduce myself, maybe show a photograph of my family back home, gift the children a sticker or pencil and express gratitude for allowing us to be part of their care and let them know we do care. The patients often express gratitude that we have left our families, slept in cramped quarters and have tried to do something kind for a fellow human being.”

CDR Boyle counts this deployment as an incredible opportunity

to serve in the Caribbean, where he previously lived for 2 years on a Spanish-speaking mission to Colombia. Thanks to modern technology, he was able to keep in touch with his family back home in Mesa and even able to see his oldest daughter off to her first high school dance via video call.

CDR Boyle's deployment will be a longstanding memory for him and his family and he's thankful to his ward back home for watching over his family.

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Legacy of Faith Tours Continued from pg. 14

grandfather of Spencer W. Kimball,
located in Mendon, New York.”

Currently, there is one Three Pageant tour offered annually. This year it includes the Hill Cumorah Pageant, said to be America's oldest and largest outdoor theatrical production. Sadly, the 2020 season will be the last for this popular pageant, performed in Palmyra, New York.

“The one positive thing that will come out of that is that there will be more opportunity to offer up a second tour in the fall,” says Rinda, “after it is no longer tied to the Hill Cumorah Pageant.”

Legacy of Faith Tours will be beginning their next Three Pageant Ten Day Tour in July. You can find more information on the website at legacyoffaithtours.com or by calling Rinda at 480-818-0392.

Two Mesa Cobblers Continued from pg. 21

chance to start a business with Isaac. Though the location of their shop has been a shoe repair business for 40 years, they have been running their shop for about a year.

Their finisher machine was built by hand in the 1940s by a man with the last name Gnome. His widow asked that Nate and Isaac find some way to honor his name in their

shop—hence, the name and the variety of gnomes found in the shop.

Isaac and Nate are two brothers from other mothers, making their way and repairing soles (and sometimes souls) one at a time. The shop repairs boots, shoes, sandals, bags, belts, purses, jackets, vests and more. Visit A Gnome's Shoe Repair, 6312 E. Main Street in Mesa, or call them at (480)709-7817.



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Run 3rd Alliance

Running Club Brings Physical and Mental Health to Youth

By Hillary Jade Fevrier

The benefits of physical exercise are no mystery to most of us. We've heard about or experienced the rush of happy hormones felt after a good sweat that keeps us humming show tunes for hours. At the top of the list of exercises that make us feel merry is running. Running has been prescribed as a cure-all for physical or mental health issues for decades, but what about using running in a preventive way, to keep young people healthy, balanced and focused?

In 2008, physical education teacher Mindy Prezor and long-distance runner Sean Astin launched a program called the RUN3rd Alliance

to accomplish just that.

The RUN3rd Alliance has been teaching children to manage stress and channel energy through running using an after-school curriculum for over 12 years. Founded by Mindy and Sean in 2008, the RUN3rd Alliance encourages children to take care of themselves, set and achieve goals and serve others.

The motto of the organization, "I run first for myself, second for my family, and third for you," inspires the operations and name of the group, but most importantly, the annual Alliance 5k. The 5k raises money for the Alliance to start other groups at more schools and in more cities. The RUN3rd curriculum operates with the help of parent and

teacher volunteers. Currently there are thirteen programs operating in Mesa and one in Arkansas.

The long-term benefits of this running club have been seen since its inception. The students' feelings of empowerment after completing the 5k, the physical and mental health benefits and more all bless the lives of the students who participate in this program.

Community assistance is always needed with the 5k, which will take place on March 28 this year. Anyone can register for and run in the 5k, and anyone who participates can feel proud, knowing that all proceeds go to the students who so lovingly take part in the RUN3rd Alliance. The most important way to get involved is to bring RUN3rd to more schools and more students. Parents or teachers who are interested in seeing the benefits of running in their children and students can find more information at <https://run3rd5k.enmotive.com/>.

While some might wonder who can "run and not be weary," it is impossible to deny the link between the state of our physical bodies and that of our spirits. The RUN3rd Alliance brings balance to the souls of children and youth, and the things they learn as they tune their hearts to the rhythm of running stay with and profit them for the rest of their lives. While some of us are unable to run, and plenty of us can't run very fast, "it is not requisite that a man should run faster than he has strength."

With the RUN3rd Alliance, we can all do our part to bring the blessings of running to the rising generation in our community and beyond.

For more information, visit: <https://run3rd5k.enmotive.com/>.

Facebook: <https://www.facebook.com/RUN3rdAlliance/>

Instagram: @RUN3rdAlliance
Hashtags: #RUN3rd5k & #R3A



Photo courtesy of Mindy Prezor

Students love participating in the annual RUN3rd Alliance 5k.

VALLEY TEMPLE SCHEDULES

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014
(480) 833-1211

Temple Closed During Renovation

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297
(480) 822-5000

The Gilbert Arizona Temple grounds will now be open Sunday and Monday evenings from 5:00 to 9:00 p.m.

Services

Clothing rental now available, no cafeteria, no patron housing available
Distribution center: Inside nearby Deseret Book Store:
2894 S. San Tan Village Pkwy #103, Gilbert

Endowment Sessions

Tuesday - Saturday: Every 45 min from 5:30am - 7:45pm
Spanish Sessions: Tuesday, 7:45pm; Saturday, 8:30am
ASL Session: 3rd Saturday of the month, 11:30am

2020 Temple Closures

Monday, 16 March - Monday, 30 March
Saturday, 4 April
Saturday, 4 July
Saturday, 3 October 200
Monday, 5 October - Monday, 26 October
Wednesday, 25 November - Thursday, 26 November
Thursday, 24 December - Friday, 25 December
Thursday, 31 December

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310
(623) 474-9500

Services

No clothing rental, no cafeteria, no patron housing available. No distribution center nearby

Endowment Sessions

Tuesday & Thursday a.m.: 7:30, 8:30, 9:30, 10:30
Tuesday & Thursday p.m.: 4:30, 5:30, 6:30, 7:30
Wednesday a.m.: 6:00, 7:30, 8:30, 9:30, 10:30
Wednesday p.m.: 4:30, 5:30, 6:30, 7:30
Friday a.m.: 7:30, 8:30, 9:30, 10:30
Friday p.m.: 12:00, 1:00, 2:00, 3:00, 4:30, 5:30, 6:30, 7:30
Saturday a.m.: 6:00, 7:30, 8:30, 9:30, 10:30
Saturday p.m.: 12:00, 1:00, 2:00, 3:00, 4:30, 5:30, 6:30
Spanish Sessions: Tuesday, 7:30pm; Saturday, 7:30am
ASL Session: 2nd Saturday of the month, 12:00 noon

2020 Temple Closures

Saturday, 4 April
Monday, 18 May 2020 - Monday, 1 June
Saturday, 4 July
Saturday, 3 October 200
Wednesday, 25 November (Limited Hours)
Thursday, 26 November
Monday, 30 November - Monday, 14 December
Thursday, 24 December - Friday, 25 December
Thursday, 31 December (Limited Hours)

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